

This is basically an innate 'psychic power source.' it has been studied by the creators of various 'papers,' - or, as you might call them, games? - and they have a very detailed way of achieving the levels of shaping powers for use today. have you ever noticed how in recent games there is so much detail in the little characters casting spells? this is because people research these things during their fantasies of creating games, of course.

So, i have read through a lot of dungeons and dragons second edition, which is the best for finding 'the rawness of the original rules,' and have come to the conclusion that first you must learn to mind link and use telepathic powers before you can affect mass, as powers would, or use clairsentience to see the future.

If you were to want to mind link with someone, and use a basic interaction like 'send message,' then you would need to imagine them looking into your eyes, as, this will trigger the most delicate of sensory contests, where your senses must be more intense 'to win the stare down.'

Then, after you can see the other person, or, imagine staring into their eyes, you need to whisper so that the low sound frequency can relay to the person's ears. when you shout, you might cause an avalanche, yes? this is because the mass carried by the shout is so intense, and, with a whisper or mere vibration from your voice box, you can bypass certain densities of mass, but not all mass.

~ The way standard telepathy works is to use the big hairs in your throat to make little sounds, to be picked up by other big hairs, it is like having a huge radio transmitter and receiver, yes?

So, the way to contact others is through making slight sounds and then know where they are. if you do not know where they are, then you will not affect their mind or mass, will you?

If you were to try this in a group of people, you could find ways to get their attention and affect their minds. this might mean that you need to feel their heart beat, so that you can tune to their biorythms. this is where you get into a conversation with them, maybe over the phone, and then you gauge each other's heartbeat to get inside their 'whole workings.'

Another way to get inside their workings is to have an impression of them, knowing their birthday and giving them a number. knowing their details would help too, through trial and error you will figure them out, yes? all you need is their 'biorythms.'

Once you have worked that out, the mind link is established, or, a one way communication that will pit your will against their will.

Or,

You try to sync your heartbeats and speak to them on the same frequency.

"Have you ever noticed how when people march they seem to fall into step?" ~ some movie.

The frequency i am talking about is the same heart beat as that regulates blood to the brain. this means that the brain is getting things on the same neural system and rate as you, as, you have, through one world consciousness, synced the 'waves' of the two bodies, that 'feel each other,' of course.

~ Remember, this can be done with sound, touch and sight.

Okay, now that we can 'communicate clearly,' without all the noise and imagination affecting al of us, or, maybe without 'simulations to feed our imagination,' as is common with telepathy, we can now move onto some 'basic interactions.'

As far as i am aware, there are five attacks and five defences that work with telepathy. these branch out into a further five per technique, but, i will summarise it much better like this.

First, you need to choose 'a mode of defence.' this will be like a shape fitting into another shape on a 'blocks for kids' type thing. this would be where if they use the right attack, they can fit into your shape and harm you, of course. the defences are; "mind blank," "tower of iron will," "intellect fortress," "mental barrier" and "thought shield." obviously you merely need to meditate and think of these states of mind, using your hands to gauge what to think like while saying the words out loud.

Then, you need to choose the attacks. these are; "mind thrust," "ego whip," "id insinuation," "psychic crush" and "psionic blast." obviously this would be where you think about what the words mean to you and then symbolize them with your hands to get a feeling for what the feeling you must search for is like to activate or attain this attack.

Now we come to 'contact and mind link.' as far as i can tell, it is essential for all types of telepathic powers or affects. if you were to do as i said before, in the opening post, you might find that this 'two way communication' can be achieved by studying your victim or target. this studying needs only be where they are, and, a visual of their appearance, a sound of their voice or 'a touching act.'

To get the visual, you need to point at them and get their attention by 'waving.' this will draw them to recognize you, and then become aware of you. then, there will be a few moments of you both wondering about the other - this is a psychological condition from the stimulus of the other, and, this energy will travel from you to them, and back again. this will be the beginning of two energies identifying as each other, and if one of them makes a ring with their hands, to look at the other, then you are seeing some of what they are seeing too. it is important to be aware they see a lanky person if you are tall, and, then you need to see your own arm to remind you of what you look like. this will impress yourself onto their attention.

To get a vocal contact, do the same with your voice, just hearing instead of seeing, and the same for touching. now for a power test!

One of the things i am familiar with is "domination." this is where you force others to do as you wish using your own energy. this energy must come from you to 'the other thing' and then you need to keep your hands cupped into a spy glass while doing this, or, keep focusing on your heart beat or voice while you do it.

Let's go for some 'healing?' this would be where you restore nerves to working order, cure diseases and heal wounds, yes? i am not sure if we can do all three in one go, so maybe i will split them?

Let's start with healing wounds? this would be where you 'age' the goings on to 'naturally heal.' the genes have a blue print of the make up of the body, so you want to excite them to work in over drive, yes? this will be where you speed up the healing of the body through excessive neural interactions, in other words trying to make them 'react faster.' this would be where you will see natural healing, but you will instead of having cells divide slowly, boost them. cells divide because they need to stay young and healthy for you to live, but, if you were to focus excessive divisions into this area, or any area, then you could see results quicker. to do this you need to touch the area with your hands, and, then pump fuels into them, but how do you do this? i suppose it would be done by having your skin sweat out 'cell fuels.' this would be where you need to excrete through your sweat glands all the yummy sugary and other fuel rich cells, by speeding up your metabolism temporarily. this would mean you need to think of food coming into your stomach, obviously, so that the body will push out these fuels directly into the wounds of the other. this would mean that these unprocessed fuels will be gobbled up by the wound and then excessively wasted, yet it will heal the wound.

To cure diseases, well, most diseases can be cured by white blood cells excessively smothering the disease, yes? these white blood cells attack all non native or foreign cells in the body tat have not been processed... hey, that includes food too, yes? in the stomach, they will be attacked if present and then broken down, maybe? anyways, the white blood cells attack and kill all foreign cells that are not fuels or native.

So, we want to kill bacteria and viruses. to kill bacteria, the white blood cells will do it, so, we only need to make them 'hyperactive and divide more.' this will leave us with more white blood cells to fight the disease, and, then the disease will have no chance. to make the white blood cells divide more, we merely need to pollinate with our white blood cells, so, in effect, the freshness of our white blood cells will stimulate the cells to divide freshly, 'as if they were still in the egg cell.' then, getting them to attack the disease will be easier, as there will be so many of them.

With viruses, the story is a little different. viruses feed off the cells inside our body, and hide inside them - well, aids does at least! to get these diseases out into the open, swapping cells with us will leave them infesting areas that are with foreign cells to begin with, so all we need to do is get the cells to swap, lots of them, and then the foreign cells and native cells, somehow, will be so mingled the person will not run out of cells and the

diseases will be 'stomped.' or, maybe we could sieve the system of infected cells by observing they will have more mass? this could be where the white blood cells find the heavy cells to be more magnetic than others - like a sun would pull planets closer to it? - and then smother those cells with themselves, pushing the closer cells into the infected cell itself?

This latest technique could be done by splitting the white blood cells so they would be smaller and penetrate the cell easier. this would see the smaller white blood cells dissolve and become one with the food they usually eat, and, the food would be like a nest for them, going into the cell that eats the fuels.

To get that right, we need to dissolve white blood cells, by, flooding the system with fuels and making them divide excessively. this would be where they are told to divide excessively, by, of course, by flooding the system with more white blood cells. this could be done by making the blood flow slower, thereby maximising the time spent to reproduce, through regulated breathing, or, 'from a medic,' resistance to blood flow through grabbing the person and holding them tightly. while holding them the medic should think hypochondriac thoughts, like that they are sick. due to one world consciousness, the cross pollination and direly sick thoughts will produce the desired effects.

Now for things like blindness, deafness and paralysis. these instances are where the neural network breaks down with the nerves being the reason the nervous system cannot communicate with them and the surrounding nerves.

This means we merely need to stimulate these nerves back into working conditions. this can be done by touching the affected area so that the medic can use their own energies to revive the nerves. then, they need to think rub their hands together to gather energy or static, and apply their hands to the affected areas. this will stimulate the nerves with a new sensation - the old sensations are no longer felt due to lack of use, in long ranging cases of these types of things. then, the person needs to think thoughts of slight electricity going through the whole body, as if lancing the nerves together, as, they cannot operate on their own.

What would life be like without stress? on the other hand, what would life be like with a de stress power? i think the latter is more comely as there will always be stress. this is why i am writing this power, or, trying to, to get rid of stress and depression.

First stress. if you were to observe that stress is stored energy - if you doubt me exercise when you are stressed! - and then this energy can be released, then all we need to do is release the stress, yes? this can be done by focusing it either at the source of your stress or into the things you are doing - channelling stress, mind you. this can be accomplished by imagining your stress as power or energy, and, invoking

it into what you are doing. this can be done by focusing on your goal, and, ignoring the other things in 'your world.' i mean that you ignore all the other things you want to be doing, and knuckle down, of course. doing this with focus will help you use your stress to accomplish your tasks, yes? this can be boosted by imagining your work as a enemy, and you will fight your enemy, as only you can win, and the only loss is not accomplishing the task, yes?

For depression, you can use your imagination. imagine yourself in a worse off situation, if you see someone depressed, merely give them something to do, as, boredom is the real source of depression, if you ask me. having your mind wander like this is bad for you!

Of course, they are both related, on one hand there is too much to do, on the other there is too little. simply by fighting your comfort zones to find a happy medium is appropriate.

Empathy is something that is said to be prevalent with wisdom, and, this is no different, yet, it is an 'empathic aura' where you may share your feelings with others, and, emit an aura of strength, greatness, good intentions, or, sense the true intentions of someone else. this i feel when i walk outside in the world, where the concrete of my house does not limit the aura that i put out, and, i feel the aura of others. let's call this a wild talent?

To emit how you are feeling would be quite natural, like crying when you are in need of help, or, psychologically and subconsciously asking for help. this would be where when you are, for example, hurt from a relationship, seek comfort, yes?

So, now we want to do this with great energy, to alter the state of others too, yes? let's say you are in a good mood and want to spread comforting feelings around a beach of beach goers? or, let's say you want to comfort a child that is unhappy? these things can be realized by 'sending them your energy,' yes? this theory is, and it is a good working theory, based on mood rings. the rings will change colour when the feelings of the person change, and this is 'dictated' by 'body heat.' we know to boost the heat of your body you need it to work faster, so exercising would make people more aggressive - if everyone in a close vicinity was to exercise, then they would all feel the relief of the exercise, yes? this one world consciousness is due to energy patterns from energy emitting creatures or 'bodies' of mass that exert heat. this is why in summer we get stressed much easier, the heat has gone up!

Now, to get the mood right for a boxing match, you would want to 'tense up.' you merely clench your fists and stress your muscles out, clenching them so you shake. to put more energy into this, you would need to imagine the person in question getting this energy, as if through a mind link, yes? this mind link, which i barely understand mind you, is due to thinking of the person in question. to make people calm down, you need to meditate, and, there are many in between variants to use to find 'the right intensity.'

To have a hunch, we are all familiar with this, yes? what if i told you how a hunch or solutions to questions play out in your mind? first, you get one answer, that appears

briefly and then you get another idea, very quickly. the first is a solution to all the stimulus in your world, and the second is your sense of narcissism that tries to fight the solution your subconscious gave you and balance it out so that you feel better about it. sometimes, you seek for the first answer again, just at the madness of it, but believe me, your subconscious does not work with reason nor logic to deduct the answer.

So, we want to have a 'super hunch,' yes? when that naughty son of yours is hiding your keys, and he doesn't tell you where they are, you want to know if he is telling the truth or not, or, know where the keys are, yes?

If you were to feel the situation, often you can tell if someone is lying or not. this hunch decreases through time as we age, as, we learn the mannerisms of people and society, where we pause and reflect upon what we know or has happened to others in these situations, of course. this is a lot of 'noise for the system' - imagine learning the characters of one set work book or three, you would be swamped in characters and not know the answer, yes? so, minimal noise is required.

Getting rid of the noise is important, so, you need to work off your subconscious, that first thought you get, that is the one you are looking for. this can be applied or realized by pausing your mind on the first thought, by, 'holding it.'

Maybe the best way to 'hold a thought' or to 'remember the first impression' is to close your eyes and meditate? this will clear your mind of all noise and then you will be placed, without your senses, into 'a placid state.' this would make all new thoughts from stimulus less overpowering, and, you will be able to grasp at the thought more accurately.

To actually know the answer to a question may be down to 'feeling' the situation. the situation is usually a set of reactions that lead to the realization of the event, and, then if you feel - through your skin - the reactions rebounding off you, you will have the results gently buffer off your being, resulting in you feeling the answer to the question, okay? so;

To do this you need to make your skin 'prickly.' this is something i feel when i hear a new song - it tickles my mind and my skin follows, feeling very sensitive. maybe if it were to be that we close our eyes and meditate, we will boost our other senses, yes? this includes taste and smell too, so holding your breath will help too. pushing your tongue to the top of your mouth will stop the saliva getting to the top of your tongue, so there will be less input from this too. then, we could relieve stress and stored energy of the body so that we could feel more intensely by, instead of forcing the question, think of the answer just coming to you, 'calling it.' calling it could be where you clear your mind and instead of thinking about the question being solved by yourself, you could 'push the question out' into the world, by repeating the question, not seeking answers through logic or reason.

Now, to sum it up, block your senses, relax, attack the question by pushing at it. if you were to imagine your mind spiralling out in a 'globe,' you would find the area the question comes from and the answer where it is. if it is a math's question, for

example, you will be able to remember with great accuracy the events that occurred, by polar forces within your mind.

Now, let's get into some real fun - 'enlarge person?' this will be where you grow bigger, yes? maybe you can also learn 'reduce person,' for those that are too tall? in all instances the option is yours, with learning of this discipline, to get bigger or smaller, obviously.

What could this be used for? well, you might have a basketball tournament coming up, or need to rescue a kitten from a tree, or, need to get into a small car or doorway once you are big? either way, there are many uses for this discipline!

So, if we want to get bigger, we must understand that 'matter is stored energy.' this is because all matter, that is not kinetic or active, is potential or passive, yes? this would mean you need to accumulate and store mass, basically.

You are standing on the ground, yes? you are surrounded by gases, yes? you can drink water quite easily, yes? all these things are matter, gases or liquids, and, the less 'hard' they are the easier it is to absorb them. so, let's focus on gases... as you progress through this discipline, you will be able to gather harder materials quicker.

To absorb gases would be where you breath in and keep it in. a balloon gathers gases by you blowing into it, yes? let's see where this goes? if we were to breath in and try to absorb the 'carbon' in the gases, then we could filter these gases into our body, by expanding from the chest outwards. this would mean your chest relays gases through the veins to the rest of the body, travelling along nerves making them expand, but, how can we rapidly expand nerves?

~ By the way, all the organs are nerves too - what do they do? does information from the body or other nerves interact and then the organ reacts? see, nerves! everything in the body only reacts to the rest of the body, like when you see, yes? this would be where you get stimulus from outside and then your eyes react to this 'information,' of course.

So, we want our nerves to feel 'the swelling of the carbon or gases', and then relay this information onto the next set of nerves, to make them expand too. this might take a long time, so do it after a meal, if you ask me, and drink a lot. this mass will be crushed and filtered to provide substance for your body.

Now, to make this properly, which i think i have gotten the basics of so far, we need to imagine our body growing, as if we were smaller children, who grow fast, yes? this could be accomplished by burning calcium in the body which goes to waste, and, processing fat - which breaks down fast in the gym, yes? then, you need to imagine umbilical chords coming from outside you towards your body where the fuels could be 'processed.' or, the energy could be processed and stored by you touching something and absorbing it directly into you, by, 'reversing your sweat glands' and this can be done by imagining yourself being 'hot,' so as to melt the air, liquids say in a pool, or being close to solid matter. this breathing in can be done by merely putting your sweat glands on hold, by not breathing, and then breathing again, then not breathing - this is because the body cannot sweat without 'a pulse,' yes? then, you

need only think of your mother, and, place yourself inside of her womb by imagining yourself as a zygote, which can be done by thinking of a sphere around yourself, not letting anything out.

A 'dream walk' could be like a day dream where the reality could play out as if it were a real experience. this would be where you can imagine and experience the real workings of the world as if you were really there... sound good? yes, this is sort of like an out of body experience.

The way telepathy works at the moment is people can imagine anything and then do anything they want within that simulation. hell, they can break the rules of nature so much it is like a little child with crayons!

~ Oh, by the way, if you lack telepathy, you may gain it by praying to venus if you are with me, saturn if you are a christian or moslem, and mars or neptune if you are evil, or, a miscreant. these latter planets are also gods, as if you followed my previous lessons, you will understand. the correct way to pray is to hold your hands together under your chin, elbows raised so they do not rest and closing you eyes too. keeping your eyes open means that you welcome any interaction with anything, of course, which could be very bad for you. doing this will get you telepathy, maybe a ten minute prayer done correctly, with you speaking and listening to the celestial bodies, mind you.

So, if you want to have a out of body experience, you can do that, but if you want to dream walk, that is harder. to out of body experience, you must make sure your door is locked so nobody can unsettle you while you sleep, then you imagine yourself getting up while you lay there with your eyes closed, over and over again, until you 'get up!' if we want to have a dream walk, maybe in 'one of the heavens,' as this will be possible by thinking of that planet and then imagining your self flying away to it.

While an out of body experience is very real, there is little you can do in it. wouldn't you like to study while you sleep, or, learn new things? this would be possible by being part of a 'superior consciousness,' if that is a good definition? this superior consciousness would be where you think of the planet you want to be a part of, and, then regulate your heart beat to the natural rhythms that come to it. this will be the planet accepting you into it's own energy, like we did before, of course.

This might defer to shapes and colours, so, reading through the dream dictionaries out there will show you the meanings of these patterns. believe me, it is like having a superior dream indeed!

Remember, the colours i understand like a 'mood ring.' this is the natural colours that are given off scientifically - can be proven - so refer to mood rings colours charts if you want to know the meaning of those shades.

And, the shapes would be more complex for more complex words, like chinese, yes? understanding the shapes as they change should be done on a completely reactive way, allowing them to change. as you think they will change, and they will always change. this is to guide you to the feelings or spirits you seek, of course.

Basically, the english alphabet is a mess. you are working with triangles, circles and squares. i would suppose the triangles are verbs, the circles are vowels and the squares are everything else, off the top of my head, of course.

Hmmm... that last one did not work out that well... let's try again?

To spirit walk you need to have a sensory input system, so, you will be releasing your chemicals in 'an impression.' this will be where you copy your body over into gases, giving semi electromagnetic energy to the 'manifestation.' this would mean that you need to lie down, close your eyes and open them without opening them, as if you were in an o.b.e. this will activate 'your energy' to congregate just outside your body, and, then you will be aware of the world you are in, like being able to see far away, due to the energy having impressions felt on it too.

All the while this is going on, you should try to see what is going on by willing yourself to move around. the thing is, how do you collect your energy to your head? this would be where most of the senses combine to form a input area, yes? this input area needs to travel or feel the world around it far away, yes? this means you need to, hold on, maybe look into a mirror to create this impression, or, maybe take a photograph or yourself just before?

~ But this involved components - psionics never has components!

If we were to imagine ourselves into this world, all we need to do is connect the collective one world consciousness around us. this can be done by having our eyes closed and then calling to the others. this will create a world where the most prevailing rules will be prevalent and that means that each consciousness will be pitted against the consciousness of others, yes? this will give a great world, but, isn't there a real world beyond this?

Maybe we could all focus on an 'area?' this would be like o.b.e, except that we will be there in a more aware state. it also means we can interact with this 'dream world,' yes? if we were to centre our energy into one area, an area we know the nature of, we could all go there, but, we would have to pull this world into the dream with us, of course.

Now, to get the world into the dream, we need to use our own energy to 'enchant' the area. this is like making the world or room or whatever site get up, we need to pull it towards us so it surrounds and envelops us.

Now, for something 'cool,' like levitating! i have made people levitate with magic, but, it is too complex for some of those non westernised people with our fanatical fantasies, of course. us with computers can feel really privileged to be exposed to these notions and ideas while we are growing up, yes? i mean, some people from villages might find this hard to 'digest.'

So, to levitate, you need to alter your bodies mass or the air underneath it, or magnetically oppose it. this is done by the old yoga instructors of india, most likely a very closely guarded secret, yes? let us inspect this secret art...

If we were to magnetically levitate, like magneto from x men, we would need to push from our feet or thighs and bum, a lot of energy to get between the floor and us. we are attracted to the earth through magnetism, protons mind you. the protons are responsible for the strong force, and the electrons are responsible for the weak force, forming electromagnetism, the fundamental force of motion in our universe, yes?

So, to levitate we need to start by sitting on the floor before we stand, i reckon. this can be done by sitting cross legged and pushing from the underneath of us to the earth. this can best be done by the usual techniques, and, then trying to send mass to our legs that are charged. this means we need to rub our hands together, and touch our feet, or, scuff our feet on the floor to create static electricity. this will be the charge that, as being opposed to no charge, will levitate us from the floor... let me explain?

When we rub a chair and sit there with a shirt on, the static will make the shirt stick to our backs, yes? this is like pulling it apart to create negative electric charge, or invoking the electrons. when we pull it together, this is positive electric charge, remember, electric current for your television is made up of sucking the energy out of it creating a visual impression on metallic or other parts that merely react by getting sucked at at different intensities, of course.

Now, to levitate, you need to tense up, pulling yourself together. imagine the earth underneath you pulling around your cross legs or feet, this can be better done by simulating yourself as a still being, so, sitting or standing still and relaxing is the best way to do it - did i just contradict myself? no! you need to observe that you need to relax to avoid friction, as friction destroys atoms, and, you want positive electric charge, yes? this means you need to imagine pulling things in without tensing up - merely giving off heat that attracts other heat... like a metal is cold, and attracts heat, so you need to be cold. this means not wearing too much clothing, and, attacking the stress or thought you have, trying to hear them and beat them at their own game, of course.

~ More work is needed.

If we were to observe we want to create a positive charge beneath us, we need only focus our energy to our legs. this will bring mass to them, in the form of blood, so sitting cross legged will help. wait a minute, maybe i have been doing this wrong, maybe we need negative electric charge to separate from the earth? this could be done by scuffing your feet on the

floor, or, maybe by clenching your legs and pushing 'from the floor' by merely doing as you did in dream walking - pulling yourself from the floor with your imagination? this will be like a dream walk, as, the rules of nature apply to all things. pulling things together means their energy goes all over the place, and, you are made of energy.

It is at this time i must admit to you that if you do not know these powers, or cannot get them right, you may pray to venus to do them for you. it is also important for my next power, as she has requested you say grace to her before eating these 'yummy foods.' that is for the guidance she offers me while i write these things, of course.

Right, to make enchanted food, i have previously found the formula for getting high off the food, being, that if it is thick and heavy, like meat, it will smother your taste buds and you will feel a numbness to it that will relax your taste buds and you will feel 'relief.' on the other hand, if it is thin, like celery being fried or boiled, it will clean your senses, like a ritual that cleans your body of bad energy.

But, that was back then, how can we make cake like in the matrix reloaded where the programmer makes the woman horny? i want some of that food! well... i think i do...

So, to 'enchant food,' we could observe that knowing these two basic rules could help. to give weight to your celery, to make it clean and satisfy you, you need to add energy to it, as, mass is stored energy, yes? it is not in motion, in other words. if you want to make the celery make you high or just a lot more satisfied, you need to decipher the recipe.

If you boil something, it will clean it, making it thinner. if you fry something, it will get heavier, yes? but if you bake something, it will lose mass, becoming cleaner, while at the same time drying it out, to make it's taste short lived, as it is not filled with liquids that carry the taste, of course.

Maybe what we need to do is apply emotions to this recipe? i have observed that cooking is like chemistry, where the heavier things smother out the lesser density things, like a stew with meat and carrots - the carrots taste like meat, yes? bearing this in mind, you could get kids to eat nearly anything with the meat cooked in there, yes?

But, let's make the food taste 'processed?' wouldn't it be great to eat 'a big mac tasting baked potato?' this would be where you need to thin the potato out, as processed food is always fried, yes? this means you would need to hold the potato and then absorb some of the mass inside, like 'thinning' it out, as it is more dense than processed food, of course.

~ I have a semi working theory that all matter is dictated by the density of it's electrons and protons, where any material can change form because of adding or losing electrons and protons, of course - density of electron orbital clouds that keep the atom seeking more matter, bringing things together, of course.

If you were to take that the potato is more dense than the burger buns, then you would be able to absorb and breathe out the mass, by attracting the mass into your palm, by rubbing the potato. this will give off the electrons and the rest of the potato into the world around you, actually, just by rubbing it and thinking of negative things, like crimes and stuff you do not like. this is because the energy you give off will be repellent from your body - sorry, i made a mistake, you want to push the mass out of the potato - and break down the potatoes.

Now, for the patty! to make a normal burger patty taste like a macdonald's patty, you would have to do the same as with the potato, to make it thinner and travel through your taste buds faster.

Okay, i have had the last one verified as 'delicious!' let us try something new? we know how to make the food more processed, now let's make it more refined, like a roast? this would be where you need to blow onto it, with your mouth, and breathe in off it. this will be like cellular respiration involving the meat or other foods, and, then it will taste 'more like you.' confused? let me explain...

If you have a nice breath, eat tic tacks or brush with a great smelling toothpaste, you could make the food 'minty.' this would be where your toothpaste gets into the food, probably bread or cake, yes? that is because bread is not very dense, and cake is even less dense. this is because the breath you give out of your mouth is warm and has the properties for smelting itself in there, and when you breathe in you are breathing in cold air, that will be attracted to the bread itself, as it travels over the bread. this cold air and menthol will give it a "very minty taste."

~ It is at this time i am asking you to give thanks to venus, or under the authority of venus, and if you are hindu, to lakshmi. this is because they are related, so, i guess i have some semblance with hindu dieties.

Rules so far is to make it thinner by rubbing it, making it less intense and travel faster, and breathing over it for a stronger taste of that type of foodstuff in the meal. what other observations can we make?

If you want really nice chips, there is a place called steers in cape town that serves the best chips you can imagine! this is done with a deep friar and the right potatoes and chemicals in the deep friar, i think. this can be achieved with regular chips or potatoes by poking tiny holes into the potatoes and then breathing into them with a heavy stressed or clenched approach. this will make them more yummy, i bet, as the oil will get into them - have you ever tasted a roast potato that is so nice on the outside ad so normal in the middle? same logic.

Coffee and water. i think it is possible to make about eight different types of coffee and eight different flavours of water. this is because there are about eight types of emotions that we can feel, and, heat travels outside our bodies into the water we are drinking, but, this would see us change the heat of our tongues to change the flavour of the water and coffee, yes?

So, if you were to think of stiffening up or relaxing and meditating and focusing to a

fine art, you could change the flavours of your regular beverages. let's see if we can control the tastes?

This could be down to thinking emotionally, and touching the rim of the cup, here your own energy could travel onto the rim and then influence the heat of the refreshment. then, you could make it hotter, with more intensely aggressive thoughts, or the other way for the other side, yes?

Now, you could also use 'a placebo' to influence your taste buds, this could be done by focusing and thinking of the taste you want to taste, yes? see this is getting 'magical' again! this would be where you merely focus on your taste buds and the interaction of the food or liquid, and, then master your subconsciousness. woah, this is getting big...

Mastering your subconscious is done by making it aware of your conscious. this is done by thinking of it as a separate thing in your body - imagine yourself with your brain on one side and the other of the hemispheres, and show the subconscious how it works. each time you breathe in, you think of the right hand side of the brain, or, subconscious, and then 'imagine to it' that impulses are coming from your neck to it, and then to the left, then back to it, and then down again. then, you need to show it things coming from the left to it, then down, as it is the pre-motor cortex too, as this is the beginning of any conscious impulse.

Anyways, the best way to placebo your mind is to convince your subconscious that it is tasting something else you have tasted before. this might work better with stimulating your memory, so , thinking of a picture of it will help, imagining the smell too, to the best of your ability and filling in some more gaps with the smell of your burps being full of the most heinous smelling toxins that you can, except they are going in.

Okay, for my next trick i am going to use what we learned with the junk food or 'food junk' and make the food you eat enhance your personal strengths and talents, okay? how i am going to do this is coming to me quickly, believe me! i will make you super strong, more intelligent, more charismatic and all sorts of other things, like aptitudes too!

If we were to observe that mass is stored energy, we could store muscle mass, yes? making us stronger could be done by getting the potential energy into our joints and on the outside of our bones too. to get food that enhances muscles, we need only eat meat that is 'revived,' in other words, we need to reanimate the meat once it is in our blood stream. this can be done by observing when we fart, and then knowing that some of the meat has been absorbed into our blood, yes? reactivating it would be down to having your cells fuel it. this is not done usually because the meat is dead and not reacting any longer, it has ceased to have a heart beat and this pulse is not making it react any more. this means that we need to get our cells to, instead of eating the fuels, 'reanimate the fuels!' getting the cells to react with the fuels would be down to slowing the blood stream, and, then having them mingle without the accelerated feeding frenzy.

This would be where the fuels are allowed to get oxygen, and, you want your heart to beat fast, so exercise or tense up till you shake. slowing the flow of blood and jump starting the fuels could result in the fuels becoming the matter building mass that they once were, so, eating a chicken leg, as it was full of muscles to propel the bird forwards, would be a good idea for strength.

Then, all it needs is to be attached to your nervous system, through interaction with other nerves. the nerves will react with a rearranging force on these 'bonding cells,' as they remember how to work. they still have the same shape, so will react in the same manners, as, the shape of the nerves determines how they flex, with what intensity and how regularly.

To get the cells to the right places, we need to only meditate and imagine our emotions guiding the cells, in other words, heightening the transmission of the energy from the muscles or nerves, and, then that like areas tend to attract like nerves and stuff.

This means you eat what you want more of. if you were to want to make your brain with more fissures on it, segmenting it into more working parts, refining the amount of reactions that can take place - like segmenting a circuit? - then you would need to eat mere muscle mass too, as the brain is a muscle.

~ Properly getting the cells to the right places is done by closing your eyes and using your subconscious to push blood to these areas, where it will swell up and flow slower anywhere. having your subconscious do this would mean it needs to focus on the areas with pulses that it must avoid with this resurrection type of thing.

Okay, to improve your personal strengths, you need only activate your hormones to 'keep developing.' this would be where you copy information over from your hormones that say 'when it stops' to double in capacity, or, to just carry on. maybe this will be easiest done by, with the organs now much larger than the original ones, to fine tune themselves to split smaller and more abundantly.

~ No doubt for this you will need more fuels, yes? see, i told you so! lots of milk too, or, calcium supplements.

To tap the childish development of children is best done by reading the original genes and then dividing the cells to be that size again, yet more abundantly, by splitting your brain, muscles, complexion and neural systems.

'Danger sense' could be used by fire fighters or even by people by a market they fear will be bombed. man do i hate market bombings. the mechanism for this is like spider sense, sensing tension of a threatening manner via mood empathy or perception, of course.

To feel the mood around you, for the 'bomber stoppers,' you need to close your eyes and then sense the heat others are giving off. any hateful or paranoid sensations should be checked out, especially if they are mixed, yes? this would be possible by opening your hands and imagining the people around you are all giving off heat, as

they are, but that you can feel it more 'sensitively.' this is done by breathing in and out deeply, to maximise the amount of heat you can 'smell or taste.'

To fight fires there is sometimes no warning of where the fire will go next, but, due to fate, it will definitely only go in one direction. this can be found by looking at the fire or hearing the fire, hell, smelling the fire and it's where the most intense areas are. where it burns most fiercely is where it will swell up and spill over logically, so you could be warned of where the fire will go next. in the case of 'a back draft' which is where there are fires in houses that basically explode into the next room through doorways, there will be some massive intensity behind the door, so, best you feel for intensity, hear it or smell it.

Now, to get alert and a spider sense going, say you are a woman walking through a parking lot, you could do as with the market bombers, looking for intensities of heat in people that are white and black, white for fear, black for hatred, amber for anxiety and so forth. seeing the person's aura, or feeling it could be done by the usual means.

If you were to be in an earthquake, then you would sometimes need to find survivors, yes? this can be done by "hunch" or these means.

Now that we have the gist of the beginning of the psychic powers, let's make 'psychic items?' these would be where you make a relationship with a shirt or cell phone, having it speak to you. i am familiar with this being called an 'ego' where the item develops a different reactive state to the normal directly reactive state, like us. we are more reactive than 'dead' things because we are more detailed into smaller parts that are different and work together to benefit from reactions, where we race against time to survive and keep the body reacting in such an animated state before it goes back to the earth. this means we are no different from a hill, we merely have vastly different chemicals reacting within us.

So, with that in mind...

Granting 'an item' an ego would be down to breathing over it, rubbing it and so forth, like with all the other powers combined. then, you need to cast into it an altered reactionary rate, where it will absorb your energy and then develop a conscious. we have already found that consciousness is nothing special, so, we could deduct that it merely has some control over it's reactions, even though these items cannot interact physically, they can emit the power you put into them by stalling reactions, or accelerating them, yes?

Everything seeks to survive, and, with our energy inside of 'it,' and the relationship it bears with this source of heat - us, mind you - that has it in it's grasp, we could build a relationship with something complex like a cell phone with moderate difficulty.

How will it change things? well, if you were to observe that it can have clarity on the phone, then the circuits could favour you, for example. then, they could set up random number generators to find people, like has been hinted at by the underworld secret societies.

I have come to the realization that if telepathy works on 'sub sonic frequencies,' maybe there is more to it? imagine that instead of, to get your stomach to work, you rather thought 'slightly' of food? this would be where you reduce the overpowering numbing less projecting or travelling emotions into a lesser emotion that works on the same system as a radio? the radio will send a lower density yet equally powerful signal, so, will travel further. to put this in perspective, imagine a huge rock and a lot of smaller rocks, obviously you can throw the little rocks further, yes?

~ So, splitting your emotions and other things into smaller volume signals, you could amplify their range and get equal power out of them.

If we were to, upon a previously verified 'mason power punch,' where you thrust your arm out in front of you to hit the opponent, you would merely go slowly and gently to carry the same force split up and reorganizing at the end, yes? i will not delve into the real workings of a power punch though, as that is anti social... maybe much later?

Now, let's try to make a power that uses frequency to split and rebuild? this could be done with a aura seeing power, a favourite of mine, mind you. this would be where we emit a slight amount of heat, not trying to smother it, but just so gently pushing our own energy outwards, we would see the mixture of our emotions on someone else, thereby showing the resulting conversation or upcoming encounter. this would be where you send your own heat to them, and, they merely have their heat dilute it, of course. to see the aura properly, you need to send so slight a signal of heat through tension, or cold through relaxation or ecstasy and love like feelings of calmness, so as to not change the person's own impression on others. of course, if we we to send a slightly more powerful burst of energy, we would see the potential chemistry.

'Committing something to memory' would be like a sample of photographic memory, yes? imagine being able to read through your learner's license with all the hard parts, or, studying a map before you travel? the obvious use for schooling would be for studies, of course. so, how do we commit something to memory?

If we were to sing a song, or make up clever rhymes for the material, we could easily 'link' one thing to another. this could result in reading a text book and linking chapter questions and answers to each other, in a sequence, from chapter to chapter, for example.

The brain works by subconsciously remembering 'extremely sensational' news. this news is stored in the front of the brain, or the easiest accessible area of the brain. basically, we want to link a question to an answer, and, this can be done by making a rhyme from one to the other. this should be a long song, where we change words in popular songs we like singing them over for a while, while our reflexes react to these sensations by conjuring up the whole altered song, of course.

But, this will get confusing! imagine trying to do this with five textbooks in your senior year? this could be where we make a number list, like is done with the periodic table? that would take a long time too, so, let's see if we can make a 'mental reference

document?' this would be where we commit all the words we want to to memory, by clenching our fists and feet when we want to remember, yes? this will be helped by blinking repeatedly, making the visual impression multiple times on the same document.

Now, if we want to make a mental interface, like a computer, we could 'save documents' by eating while we study, and, restructuring the memories we have, by omitting the previously stored memories we can remember but have no use for with these, yes? this can be done by linking the memories, say you have something you remember all the time, you could then immediately link these memories to others, by thinking of both at the same time.

'Identity copying' is something that many spies would love to have, and, in all honesty, having a world full of spies would expose everyone, yes? or, to make yourself appear more glamorous for a dance, or even for a date, could be achieved, of course.

So, where to begin? if you were to touch someone's face, you could copy it over to yourself, and look more like them, if not unnoticeably different. this would be where you feel their flesh, with the d.n.a. all over it. this d.n.a. is also stored in the skin, and, if you focus on a certain part of it, you could copy the features over directly, in theory, by absorbing their image and genes and then focusing on where in their genes you want to 'activate changes.' this would be where you touch them, either on the face or more comfortably on the hand, and then think of yourself as an egg, or, zygote, 'developing.'

Heat enacts changes, so, if you were to actively seek this, on a lesser or greater degree, like we found previously, you could, at some uncertain speed, change the features of your face or whole body. you could also change your voice by copying their voice box and such. heck, you could blend the two gene types and come up with something in the middle or to either slant on the scale most probably.

* * *

Speaking of this makes me think of shape changing, which would be more or less the same thing. if you were to study the genes of the creature you want to be like, you could memorize the blue print and gently or fiercely, probably gently, copy the genes of anybody or any living thing, like ants, as insects are very basic organisms.

~ Changing your brain in any way will wipe memories from you at least! be careful to avoid the brain, so, it can still operate with the nervous system, giving you control over the body you now have and the impulses you had, yes?

'Dissolving energy' or 'deflection' can be achieved too, i am told. this would be where you cancel the effects of others with your own energy, basically, this could be maintained by having awareness of yourself being caught in the thoughts of another, and realizing this through sensing your mind 'being viewed.' this is often done for real by maintaining an 'aura of inaction,' where the energy you put out will stop incoming energy. this is due to energy being maintained like a force field, with the outside

being where all your energy that you do not use is stored, circling you with modest power compared to your active powers, yes?

So, if you were to emit a field around you of 'dismissal,' you could protect yourself from other's powers, be they magical, clerical or psionic, i think, well, at least the psionics. this is like a dispel for psychic powers, of course.

Now, if you were to observe that energy will sense the emotion it is cast in, you will know help from harm. this would be due to the incoming energy being red or black, and, that would mean harm is incoming. your own energy field will be made of red and black emotional energy through emitting negative emotions from you, keeping yourself clean - if you only practice good emotional changes and imagination, you will secrete the left over from the 'balanced mixture.' this will keep the negative energy surrounding you and protecting you, of course. if you were to be trying to chop people into bits, then your energy will attract harm towards you, as the good stuff will be emitted around you, drawing the evil magic closer faster.

'Resisting flames' is a nice thing, come to think of it, as then you will not burn yourself in the kitchen or with a barbecue, yes? this would be where you need to, as i have tinkered with in the past, play with fire building up a relationship with the fire element itself. this would be where the flames are made to create a resistance like with roaches building up resistance to pesticide. be careful and go slowly, while you are doing this, playing with fire, pinch the flames before you play, as this will trigger a 'cat and mouse' type of relationship. the flames will, as if you were to walk bare foot on a rough road, become something innocuous or trivial to the body after a long time.